UNIVERSITY OF EXETER

AccEPT

Accessing Evidence-Based Psychological Therapies

New Mindfulness groups in Seaton

Starting January 2018

If you;

- ***are over 18***
- ***have experience of several episodes of depression***
- ***not currently depressed (you may still experience residual symptoms)***
- ***motivated and able to engage in MBCT***

What is Mindfulness?

Often we are on automatic pilot, reacting to life. Mindfulness involves intentionally stepping out of automatic pilot to be present, aware and responsive. It is a group based course which includes information about depression as well as cognitive therapy-based exercises linking thinking and its resulting impact on feeling.

What does MBCT consist of?

MBCT courses are taught over eight weeks, in sessions lasting 2 ¼ hours, in groups of up to 10-15 people. During the course regular meditation, gentle movement and other practices form key features which help you to have a more present moment focus and develop a particular non-judgmental stance. From this point of awareness you can make choices about ways of responding to your experiences and taking care of yourself. As well as the practices you will learn ways to bring mindfulness and awareness into the everyday activities of life.

If you have any questions please do not hesitate to contact the AccEPT Clinic on 01392 723493, email at accept.clinic@nhs.net or visit http://www.exeter.ac.uk/mooddisorders/acceptclinic/

NHS

Working in collaboration with Devon Partnership NHS Trust